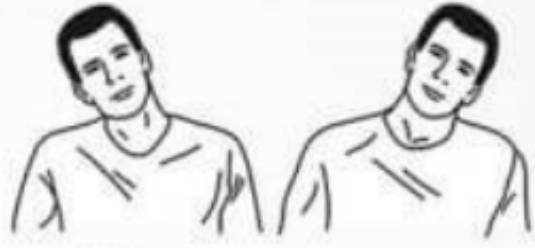


# Boyun Egzersizleri

[www.kubilaymuratozdener.com](http://www.kubilaymuratozdener.com)



Arkaya ve öne eğme



Yana eğme



Sağa /sola çevirme



Arkaya ve öne baskı



Yana baskı



Çeneye baskı

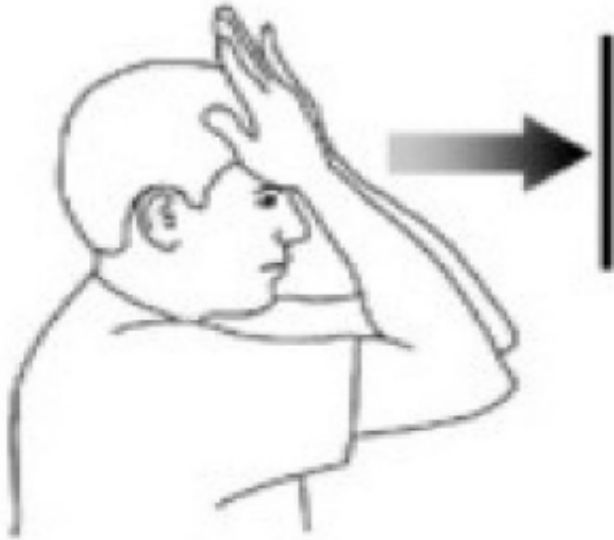
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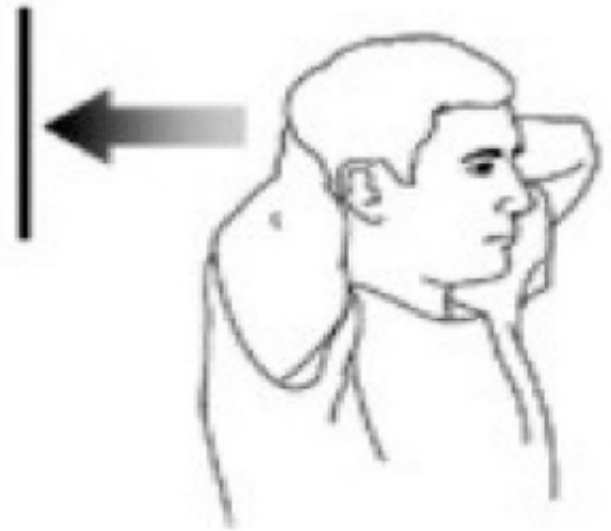
Sağa İtme



Sola İtme



Öne İtme



Arkaya İtme